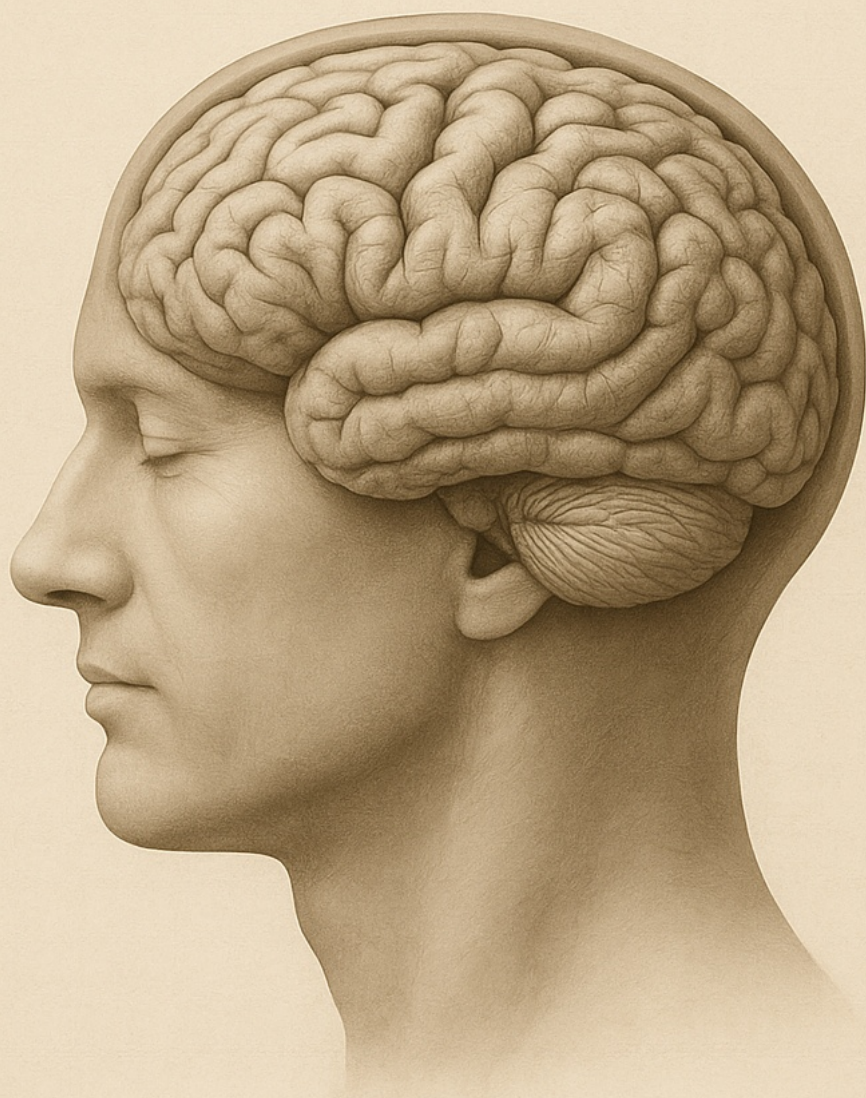


THE  
MIND MODEL  
DIAGRAM OF YOU



INSPIRED BY J. KRISHNAMURTI

SILENT PERCEPTION

# The Mind Model

*Diagram of You*

**A meditative exploration of how the mind works.**

Inspired by the teachings of **J. Krishnamurti** and the philosophical clarity of **David Bohm**.

**INSPIRED BY J. KRISHNAMURTI**

*Written by Silent Perception*

**“The mind is not purely mechanical, but there is a mechanical element to it that must be properly understood” — *Silent Perception***

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## INTRODUCTION

This book structures the main features of the mind into a unified process called **The Mind Model**. Each chapter introduces a different feature of the mind and explains its placement within the model.

The model is a foundational representation of how the mind works. Its purpose is to assist in understanding more complex features of the mind.

## THE MIND MODEL

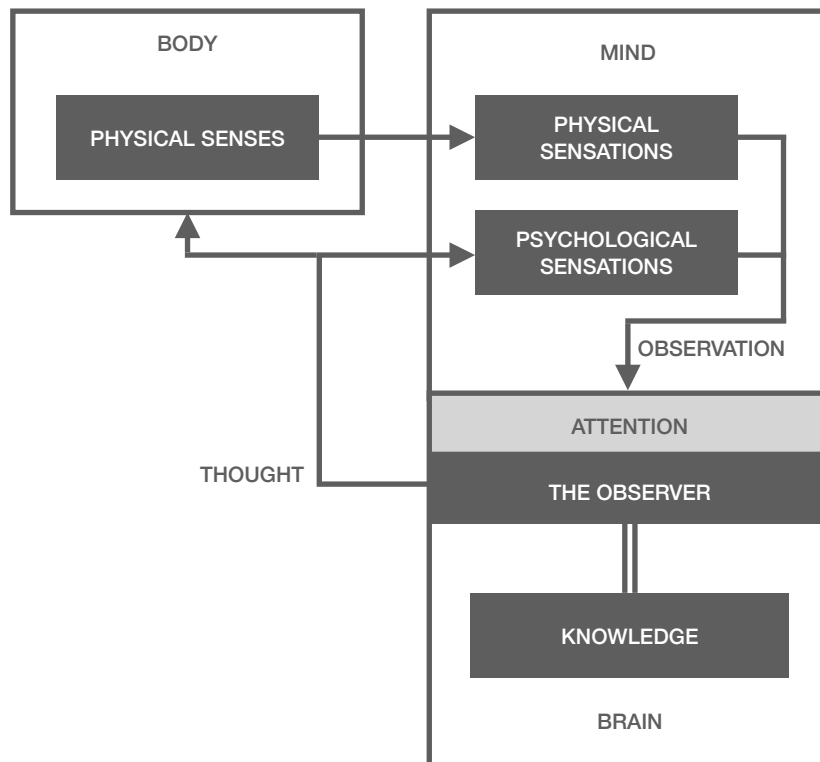


figure 1. the mind model

## STRUCTURE OF INQUIRY

This section provides a basic introduction to each chapter.

### **Chapter 1: Sensations**

In this chapter we discuss the types of sensation that appear in the mind and categorise them into physical sensations and psychological sensations.

### **Chapter 2: The Forms of Sensation**

In this chapter we discuss how each type of sensation contains multiple forms.

#### **Examples:**

When walking through a park, the visual field contains the forms of people, clouds and trees simultaneously.

When walking through a busy street, the auditory field contains the sounds of people talking, birds chirping and vehicles passing by simultaneously.

### **Chapter 3: The Origin of Sensation**

In this chapter we discuss the origin of the sensations we experience.

#### **The Origin of Physical Sensation**

We state visual, auditory, gustatory, tactile and olfactory sensations arise from the physical sense organs, and have their origin in the external world.

#### **The Origin of Psychological Sensation**

We state thoughts and emotions arise from the psychological sense organs, and have their origin in knowledge (the factor that determines the way we respond to what we experience)

### **Chapter 4: Building the Mind Model**

In this chapter we discuss the mind model we have been building. The purpose of the model is to visually represent what we discuss in these chapters. Throughout this chapter, we restructure the mind model to clarify and simplify its design. The model will be used as the backbone for every Silent Perception chapter in this series, and every other series.

### **Chapter 5: The Receipt of Sensation**

In this chapter we discuss sensation appearing in the mind, and being recorded into the brain as knowledge. We refer to this process as observation.

The moment the sensation is observed, it is recording into the brain as knowledge. This enables us to equate observation to the acquisition of knowledge, and make the following statement:

‘The **observing** is the **recording**.’

## Chapter 6: The Response to Sensation

In this chapter we discuss the ways we respond to sensation, and what it is that is doing the responding.

We state that the thing responding to sensation is knowledge, and state that knowledge responds in essentially two ways:

1. Through the creation of thoughts and emotions
2. Through changes to the body

The response of knowledge is the activity of thought.

## Chapter 7: The Response is Observed

In this chapter we discuss how the responses of knowledge are observed and recorded back into knowledge, creating a loop.

One example we give to demonstrate this loop is the expression of a thought. When knowledge expresses a thought, the thought is observed. When the thought is observed, the observation acts to record the thought into knowledge. This creates a loop where the expression (produced by knowledge) is recorded back into the knowledge it came from.

### Clarification:

Knowledge expresses a thought, the thought is observed, and recorded into knowledge.

## Chapter 8: The Observer

In this chapter we discuss the observer. The observer is the one who receives sensation and the one who responds to it. We experience the observer as the central figure related to the **information flowing in** to us and the **action flowing out** from us. We place the observer in the Mind Model and state how it comes into existence.

## Chapter 9: Pleasure and Pain

In this chapter we discuss the response of knowledge in greater detail by distinguishing the type of response into two categories: pleasure and pain. We demonstrate pleasure and pain using the Mind Model.

We state pleasure and pain to be immediate responses to what the body is undergoing.

### Example:

When the body is injured, pain is expressed.

When the body is aroused, pleasure is expressed.

In addition to this, we discuss pleasure and pain arising from the thoughts and emotions we have.

### Example:

A flattering thought creates pleasure.

An insulting thought creates pain.

The experience of pleasure and pain through thought and emotion is made more complex by the notion of time. For instance, the imagination can create future scenarios whereby we anticipate having pleasure or pain in the future.

The **anticipation** of the **pleasure in the future** produces the feeling of **pleasure in the present**.

**Example:**

The imagination that I will win on the slot machine in the future, gives me impetus to play the slot machine in the present.

The **anticipation** of the **pain in the future** produces the feeling of **pain in the present**.

**Example:**

The imagination that the dog will bite me in the future, makes me suffer in the present.

The pleasure or pain experienced in the present acts to validate the anticipation of pleasure and pain in the future.

‘The imagination of the future validates the illusion of the present.’

## **Chapter 10: Attention**

In this chapter we discuss attention as a quality of observation: an activity that exists between the sensation that appears in the mind and the sensation the mind captures as knowledge.

Attention determines the sensation we are aware of.

We state that attention can be focused.

**Example:**

We focus on one person in a crowd.

We focus on one sound in a noisy street.

Focus is accomplished by excluding all the things that are not the object of focus from awareness. The ability of attention to restrict sensation from awareness allows us to state:

Attention is the aperture for sensation.

---

## CHAPTER 1

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# SENSATIONS

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## SENSATIONS

### What is the Mind?

The **mind** is the **field of sensation**.



*figure 1. sensation in the mind*

We can categorise the sensations into physical and psychological sensations.

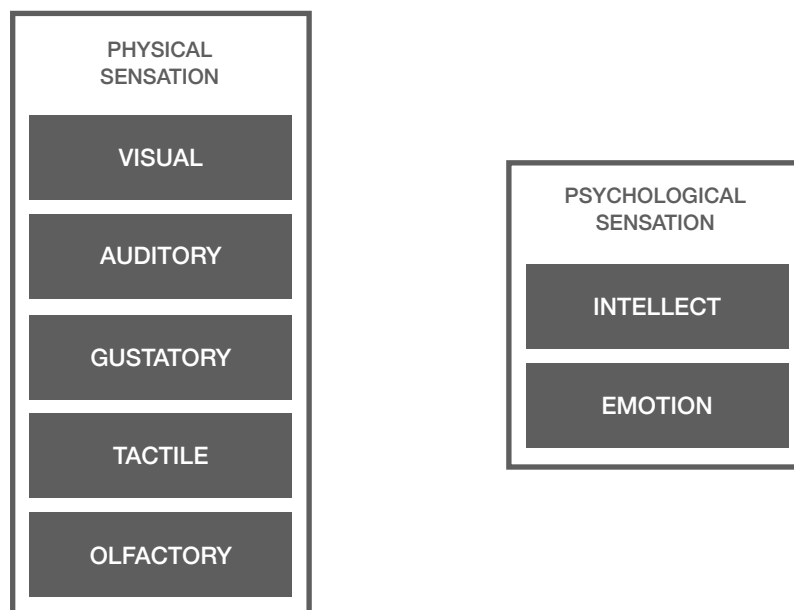
### The Sensations

#### The Physical Sensations

- Visual
- Auditory
- Gustatory
- Tactile
- Olfactory

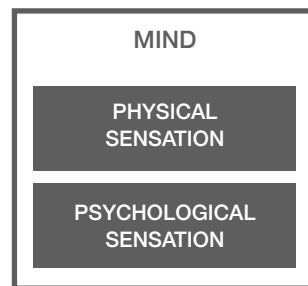
#### The Psychological Sensations

- Intellect
- Emotion



*figure 2. physical and psychological sensations*

We can model those sensations in the mind as follows:



*figure 3. physical and psychological sensations in the mind*

## **Conclusion**

The mind is the field of sensation.

---

## CHAPTER 2

---

# THE FORMS OF SENSATION

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## THE FORMS OF SENSATION

The mind is the field of sensation. Within each sensation, there are forms. So, **sensation** is the **field of forms**. Take this photo as an example.

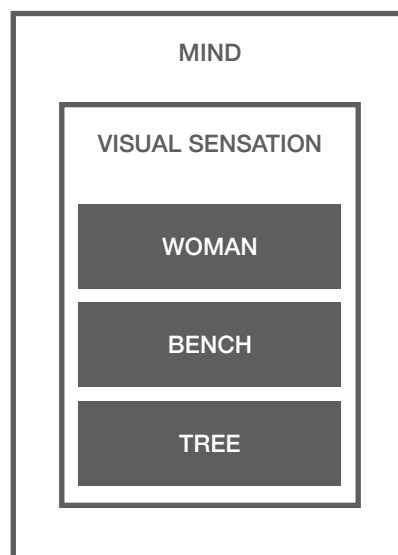


*figure 1. visual sensation in the mind*

The photo is a representation of visual sensation. Visual sensation fills the mind. In this visual sensation there are many forms:

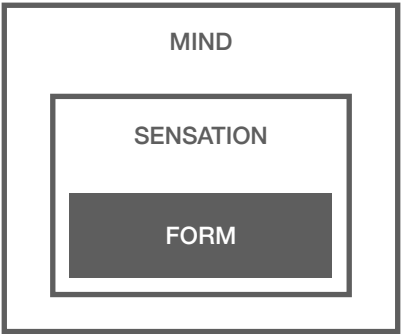
- The woman
- The bench
- The tree

We can model the experience as follows:



*figure 2. the forms of visual sensation in the mind*

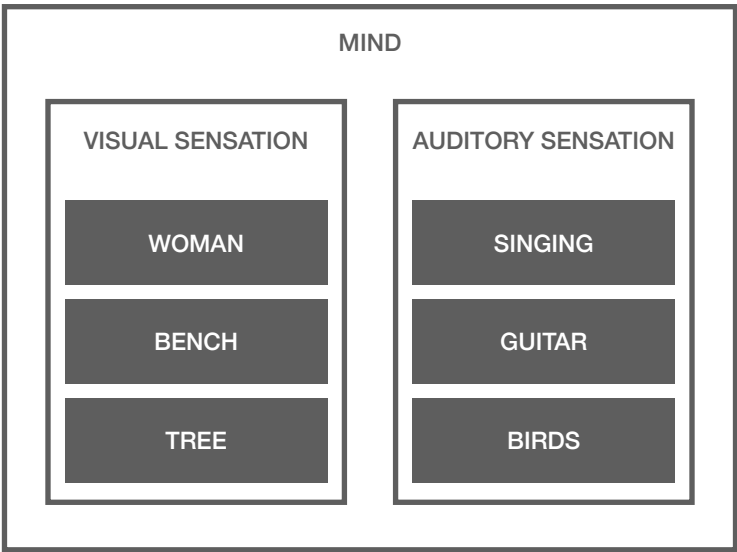
We can model the relation between mind, sensation and form as follows:



*figure 3. form within sensation within mind*

In the real world, when you are observing the girl on the bench, you will be simultaneously experiencing other sensations, such as auditory sensation. You may be hearing the girl singing while she is playing the guitar, with birds chirping in the background.

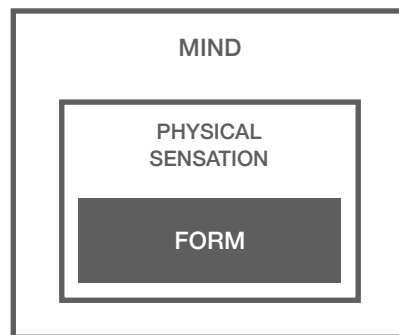
We can model the experience as follows:



*figure 4. the forms of visual and auditory sensation in the mind*

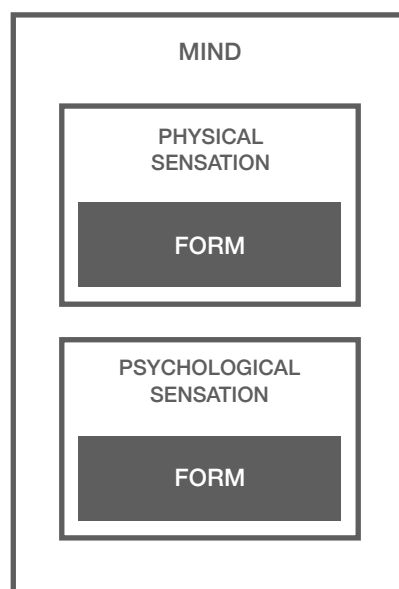


By representing all the physical sensations as the physical sensation category we can produce a high-level overview.



*figure 5. physical sensation in the mind*

In addition to seeing and hearing the girl, we may be having intellectual and emotional reactions to the experience. Those psychological sensations can be represented by the psychological sensations category, and create the following model:



*figure 6. physical and psychological sensations in the mind*

## **Conclusion**

Sensation is the field of forms.

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## CHAPTER 3

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# THE ORIGIN OF SENSATION

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## THE ORIGIN OF SENSATION

In the first chapter we said the mind was the field of sensation, but where does sensation originate from?

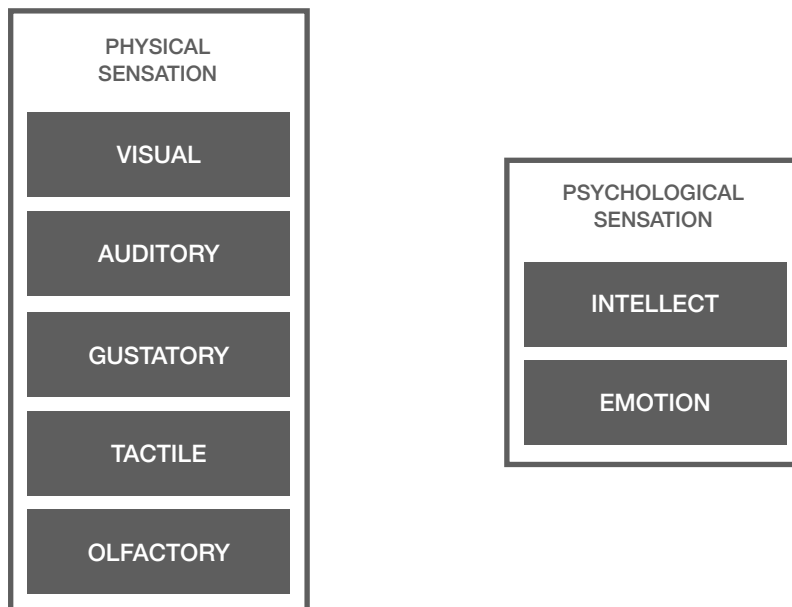
There are two categories of sensation:

### **Physical Sensation**

- Visual
- Auditory
- Gustatory
- Tactile
- Olfactory

### **Psychological Sensation**

- Intellect
- Emotion



*figure 1. sensations in the mind*

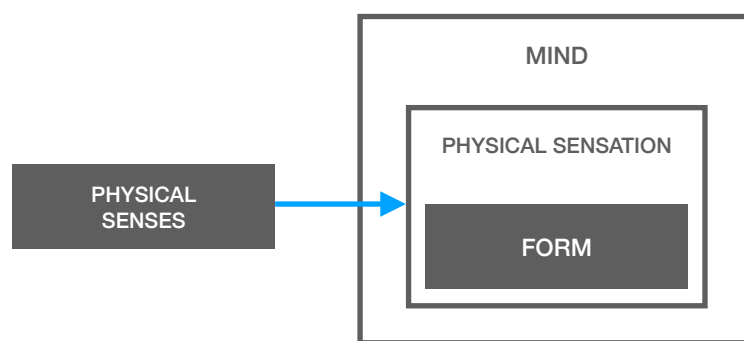
In this chapter we discuss where both categories of sensation originate from.

## What is the origin of physical sensation?

The origin of physical sensation is common knowledge.

- Visual sensation originates from the eyes.
- Auditory sensation originates from the ears.
- Gustatory sensation originates from the tongue.
- Tactile sensation originates from touch.
- Olfactory sensation originates from the nose.

The origin of physical sensation is the physical sense organs. So, we can model it as follows.



*figure 2. the origin of physical sensation is the physical sense organs*

## What is the origin of psychological sensation?

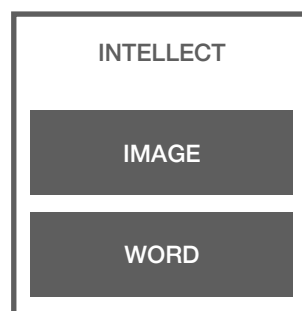
The origin of psychological sensation is not common knowledge, but we can understand its origin through exploring some simple examples. The psychological sensations are intellect and emotion.

### Where does the intellect originate from?

First, let's be clear on how the intellect expresses itself.

### How is the intellect expressed?

The intellect expresses itself through words and images.



*figure 3. intellect*

### What is the origin of the word?

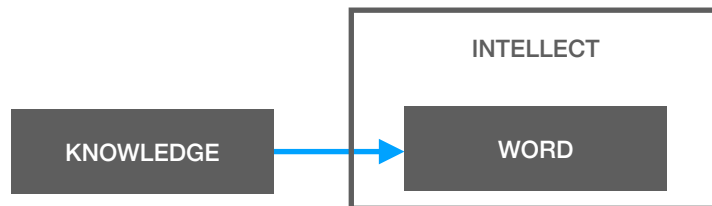
When you think, you think in words. The words you use are the result of the language you know.

#### Example:

A person from China, thinks using Chinese words.

A person from England, thinks using English words.

The origin of those words are knowledge.



*figure 4. knowledge is the origin of words*

### What is the origin of images?

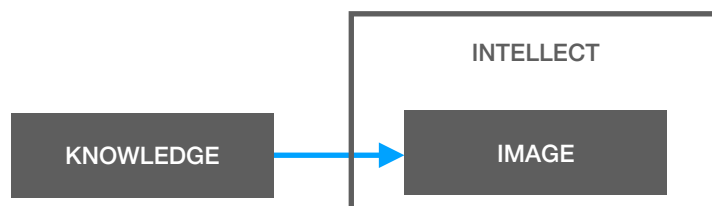
The images that come to mind originate from past experience.

#### Examples:

The remembrance of a holiday you had is an image. The origin of that image is a past experience.

Past experience is knowledge. We are only able to remember an experience because the experience has been recorded in the brain. The recording is knowledge.

The origin of images are knowledge.



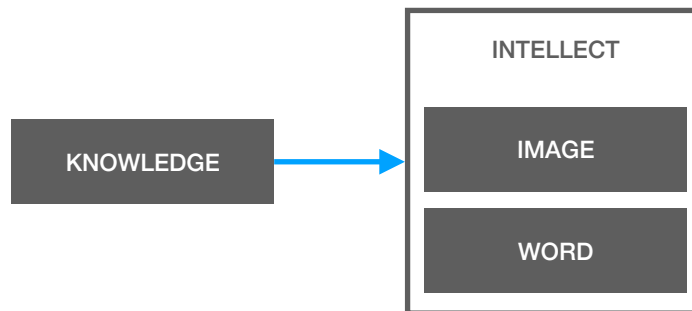
*figure 5. knowledge is the origin of images*

We can return to our original question.



### Where does the intellect originate from?

You can only think in words you know, and you can only think in images you know. So, the origin of intellect is knowledge.



*figure 6. knowledge is the origin of the intellect*

### Where do emotions originate from?

Emotions are immediate reactions to an experience.

#### Example:

Someone tells you a joke, and you laugh. Accompanying that laugh is a feeling. The feeling is the emotion.

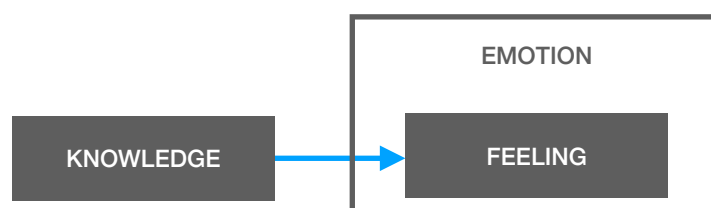
The reaction we have to the experience is determined by knowledge.

#### Example:

You tell a joke to **Person-A**: they laugh, and feel pleasure.

You tell the same joke to **Person-B**: they take it personally, and feel offended.

The origin of emotion is knowledge.



*figure 7. knowledge is the origin of emotion*

A lesser known fact is that we record feelings, just like we record any other sensation we experience.

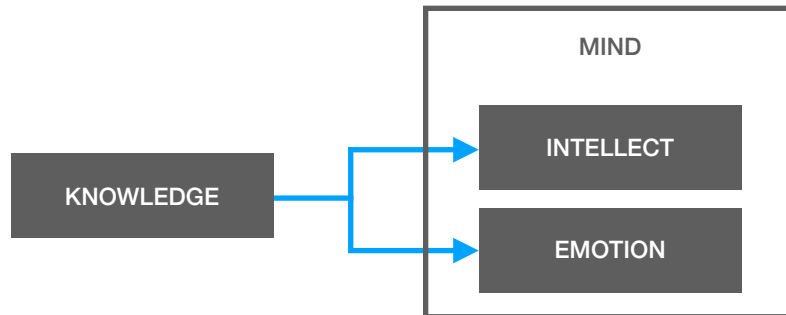
#### Example:

When we are enjoying a nice day at the beach we record the sights of the beach, the sounds at the beach, and the emotions we are feeling at the time.

When we remember an experience, not only do the sights and sounds we recorded appear in the mind, but also the feelings that were present at the time. So, feelings can be:

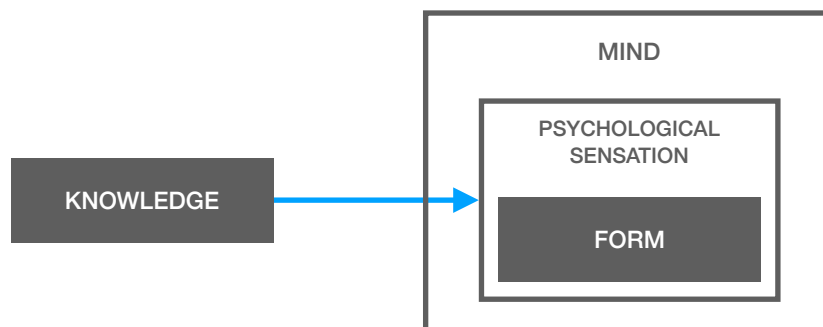
1. A reaction to something we experience in the present.
2. A remembrance of something we experienced in the past.

Both the intellect and emotions originate from knowledge, so we can model this as follows:



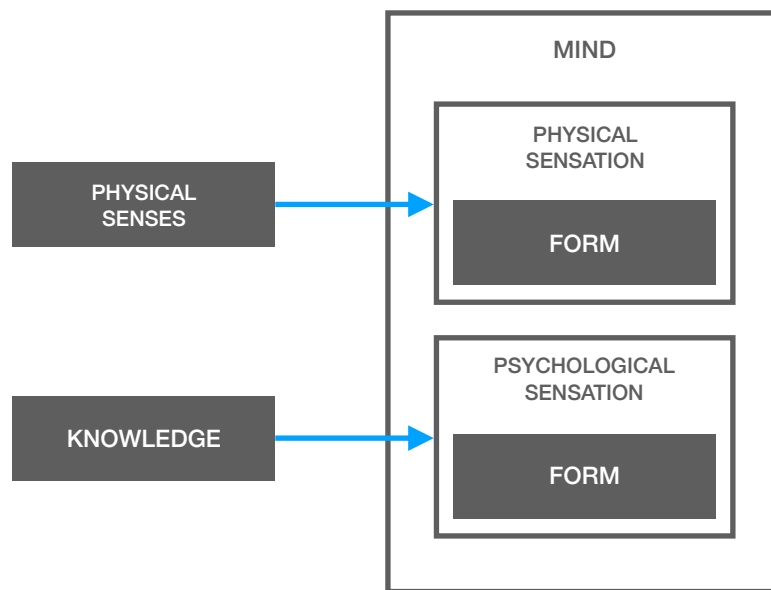
*figure 8. knowledge is the origin of intellect and emotion*

We can represent the intellect and emotions as the psychological sensations category.



*figure 9. knowledge is the origin of psychological sensation*

We can now include the origin of psychological sensations into our model of the mind.



*figure 10. The origin of sensation in the mind*

## Conclusion

The physical sensations originate from the physical senses, and the psychological sensations originate from knowledge.

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## CHAPTER 4

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# **BUILDING THE MIND MODEL**

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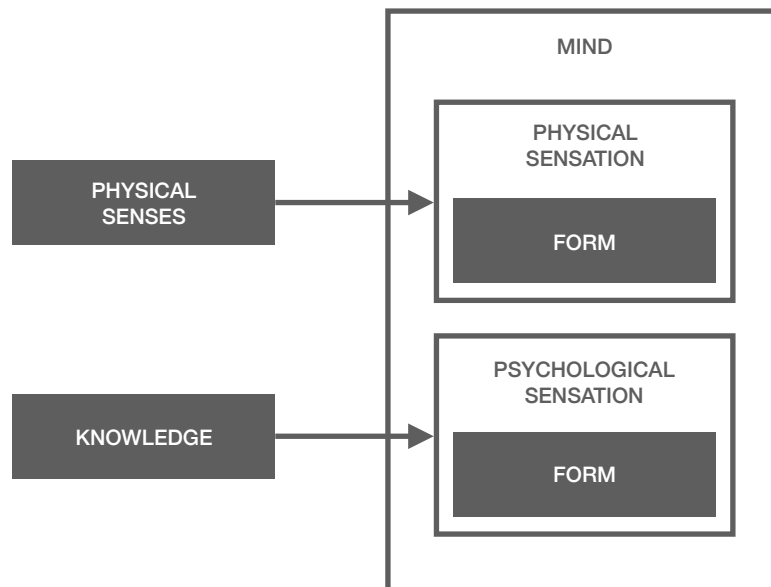
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## BUILDING THE MIND MODEL

In this chapter we restructure the mind model to clarify and simplify its design. We give commentary on each step of the redesign.

### The Implication of Form

In the last chapter we discussed the origin of physical and psychological sensations.



*figure 1. The origin of sensation in the mind*

To simplify our mind model, we exclude the explicit reference to forms. We use the categories (physical sensation and psychological sensation) to represent:

1. The sensations within that category

#### **Information:**

The box PHYSICAL SENSATION represents visual, auditory, gustatory, tactile and olfactory sensations.

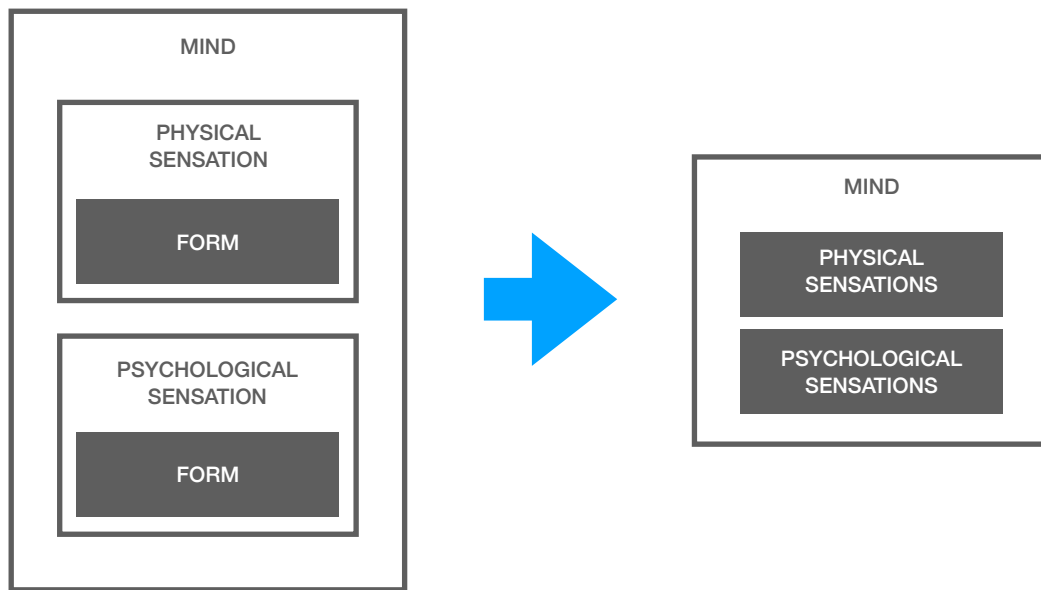
The box PSYCHOLOGICAL SENSATION represents intellectual and emotional sensations.

2. The forms within each category

#### **Information:**

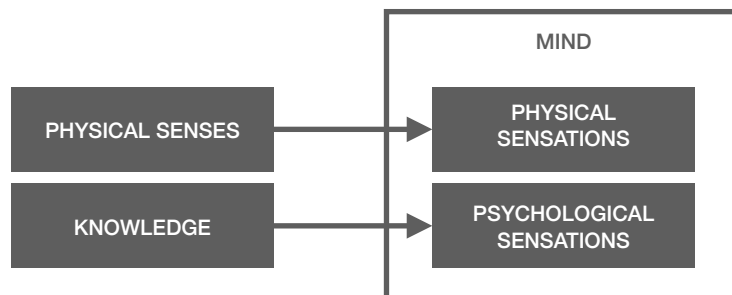
The box PHYSICAL SENSATION represents every possible form of visual sensation, every possible form of auditory sensation, and so on.

The box PSYCHOLOGICAL SENSATION represents every possible intellectual and emotional form.



*figure 2. the simplification of the sensations in the mind*

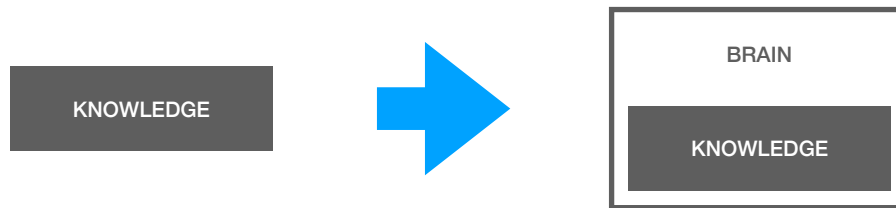
This gives us the following simplified model.



*figure 3. the origin of sensation in the mind (simplified version)*

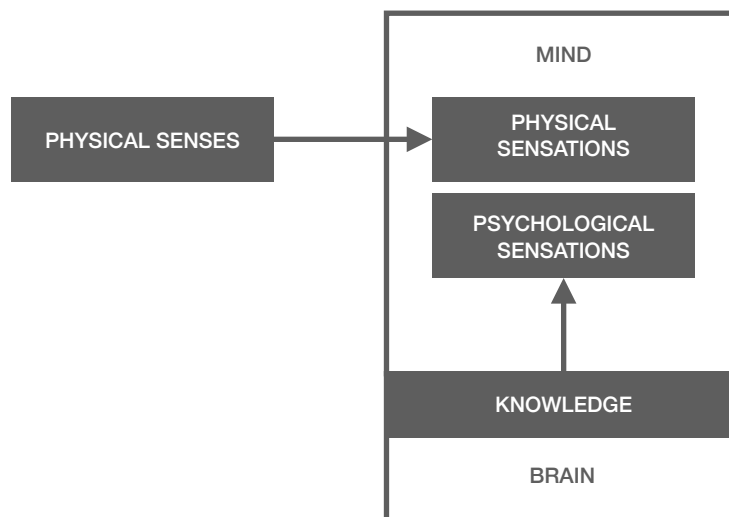
## The Inclusion of Brain

As we have denoted physical and psychological sensations existing within the mind, we should represent knowledge existing within the brain.



*figure 4. representing knowledge in the brain*

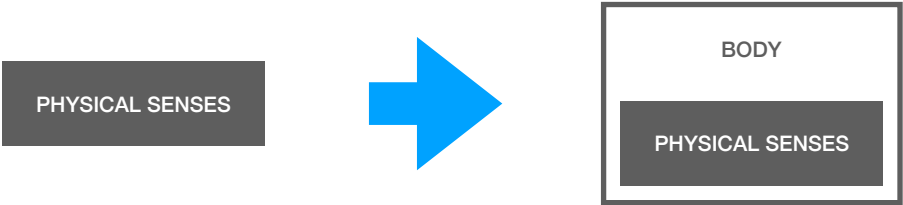
Including the brain in the model gives us the following mind model.



*figure 5. including the brain in the mind model*

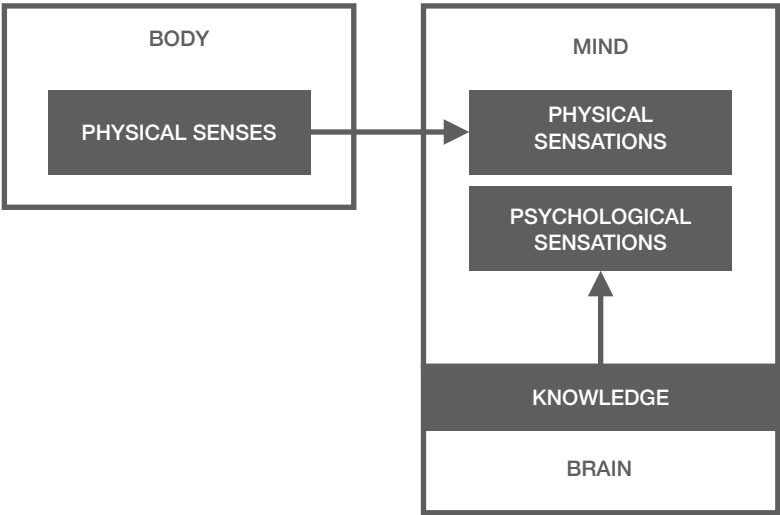
**The Inclusion of Body**

As we have denoted knowledge existing within the brain, we should represent the physical senses existing in the body.



*figure 6. representing physical senses in the body*

Including the body in the model give us the following mind model.

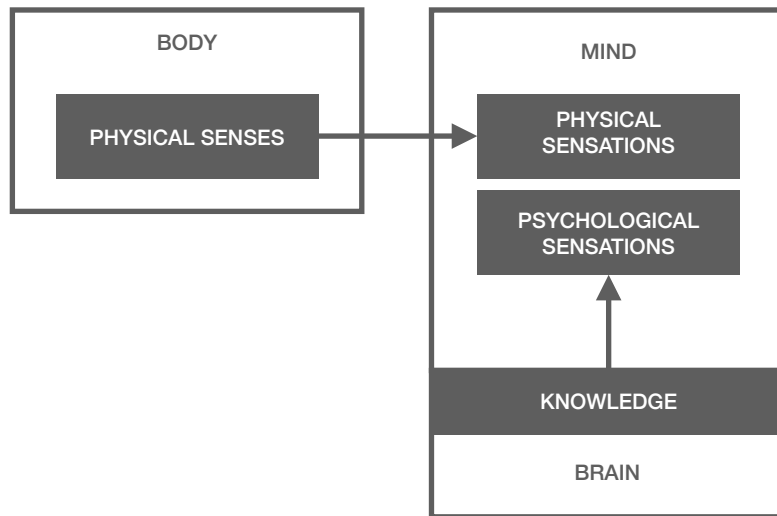


*figure 7. including the body in the mind model*



## The Restructured Model

Once all the alterations have been made, we proceed with the following mind model.



*figure 8. the mind model*

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## CHAPTER 5

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# THE RECEIPT OF SENSATION

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## THE RECEIPT OF SENSATION

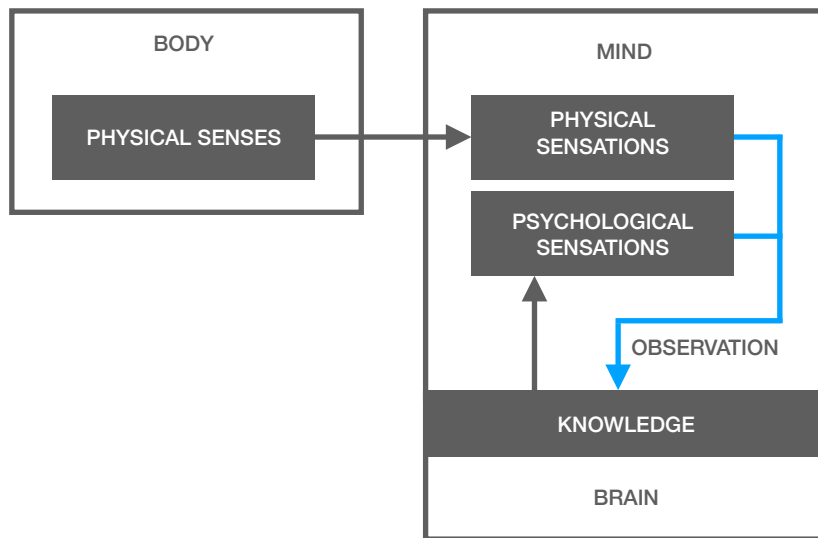
Once sensation is expressed in the mind, it is observed. Observation is the act of receiving sensation.

Right now, in the mind, sensation is being received. That is observation.

The moment a sensation is observed, it is recorded into memory and stored as knowledge in the brain.

**Observing is recording.**

All sensation is received into knowledge.



*figure 1. observation*

Sensation is continually expressed into the mind, so the observation of sensation is experienced as an endless beginning.

Lets explore the process of observation by taking an example.



*figure 2. visual sensation in the mind*

As in our previous chapter, the photo represents visual sensation. Visual sensation fills the mind.

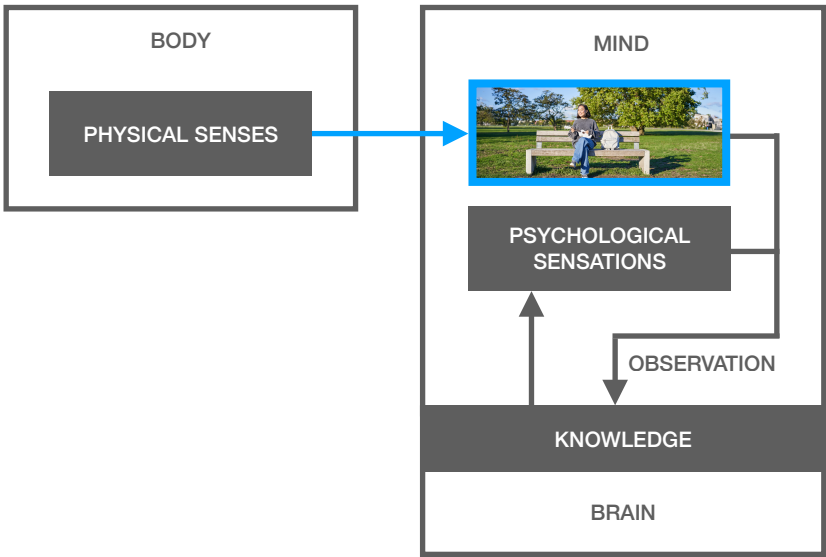


figure 3. visual sensation in the mind

As the visual sensation enters the mind, it is observed.

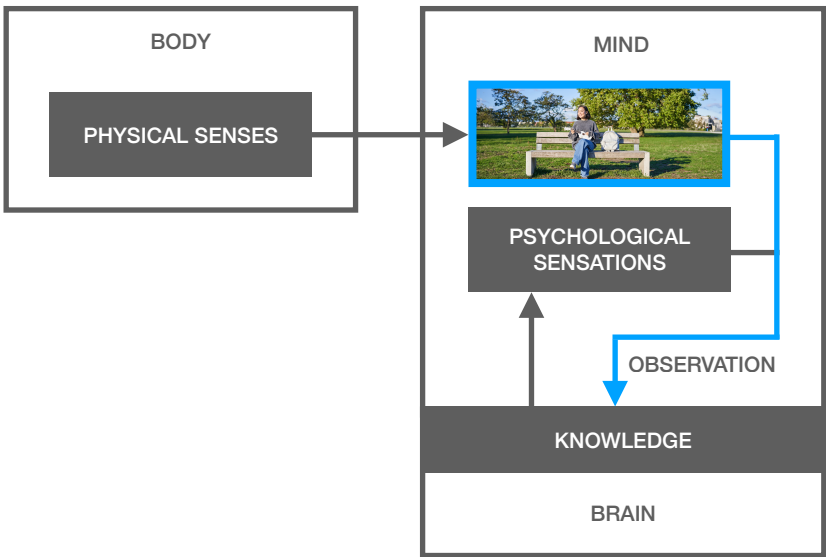
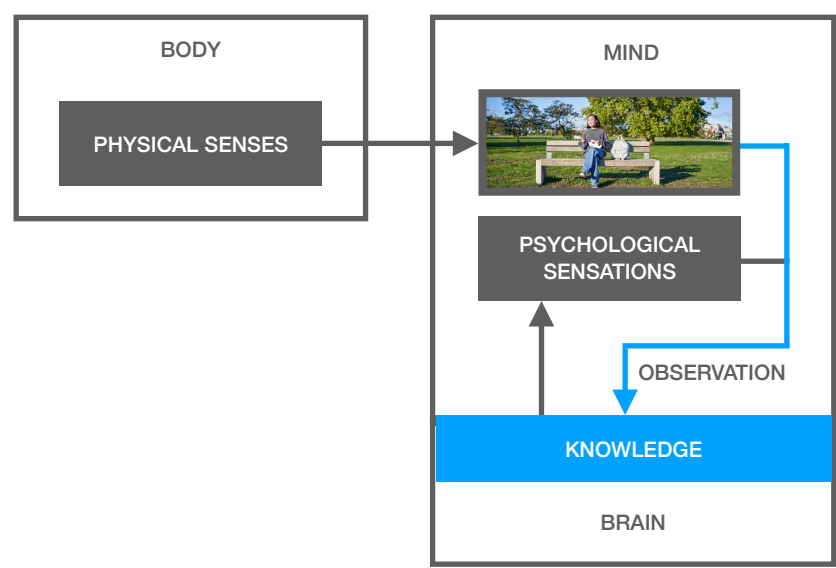


figure 4. the observation of visual sensation

As the visual sensation is observed, it is recorded into knowledge.



*figure 5. visual sensation recorded into knowledge*

**Conclusion**

Through observation knowledge receives sensation.

---

## CHAPTER 6

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# THE RESPONSE TO SENSATION

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## THE RESPONSE TO SENSATION

Once sensation is received through observation, knowledge responds. Knowledge responds in the following ways:

1. Through the creation of thoughts and emotions

**Example:**

Knowledge responds with a solution after hearing someone describe a problem.

Knowledge responds with a pleasurable emotion after hearing a joke.

2. Through changes to the body

**Example:**

Knowledge responds to danger by increasing the heart rate.

Knowledge responds to thirst by picking up a glass of water.

We can model these responses on the mind model.

## The Response of Thoughts and Emotion

Knowledge expresses thoughts and emotions into the mind. Thoughts and Emotions are psychological sensations.

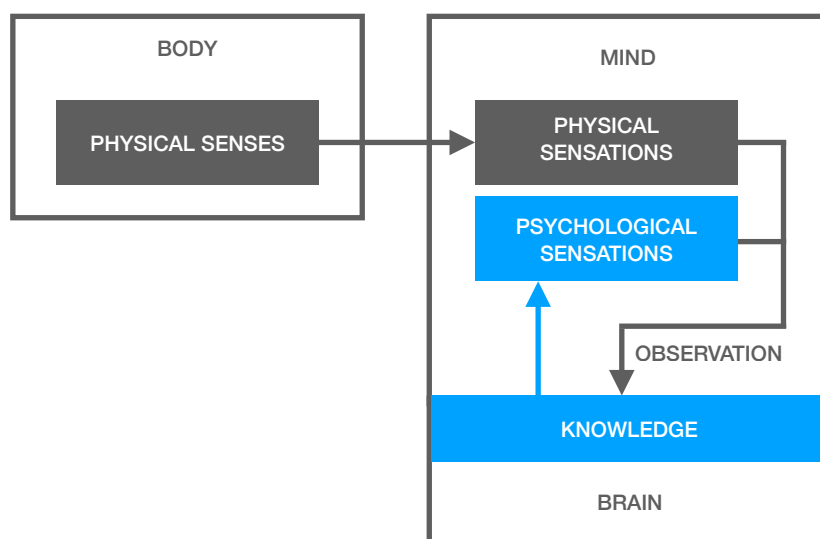
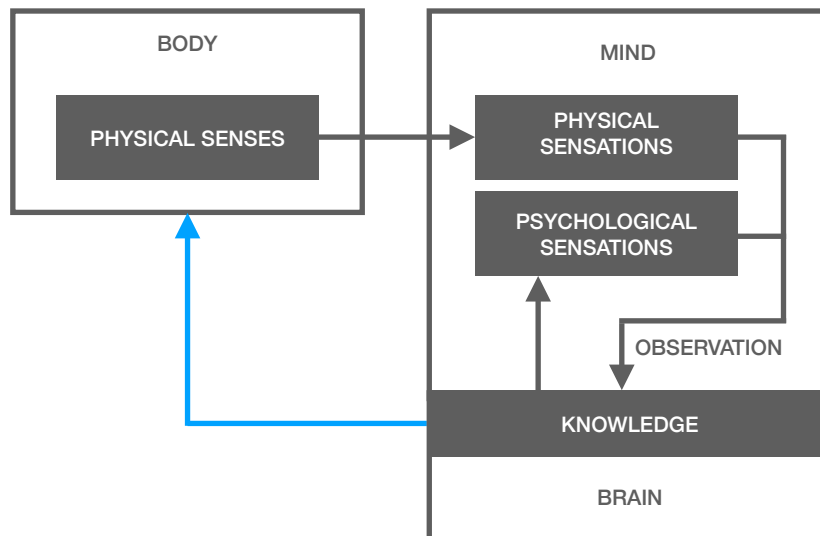


figure 1. the response of knowledge through thoughts and emotion

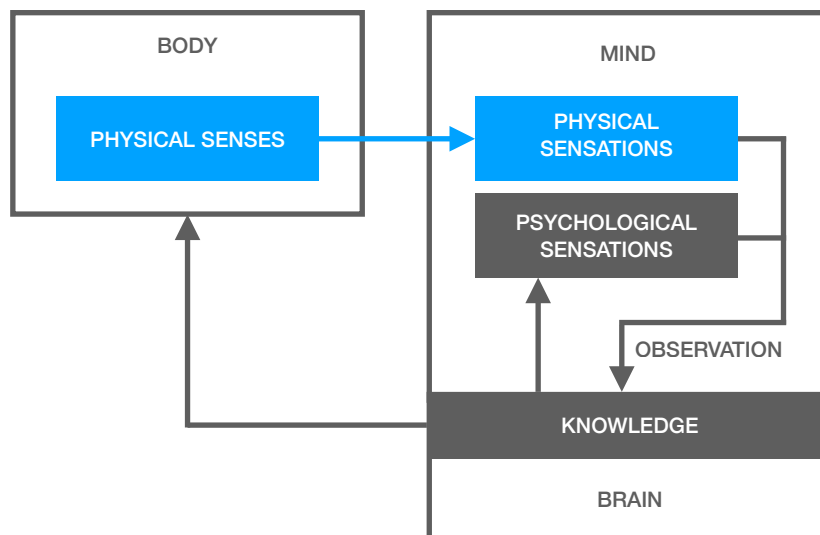
## The Response of Changes to the Body

Knowledge changes the state of the body.



*figure 2. the response of knowledge through changes to the body*

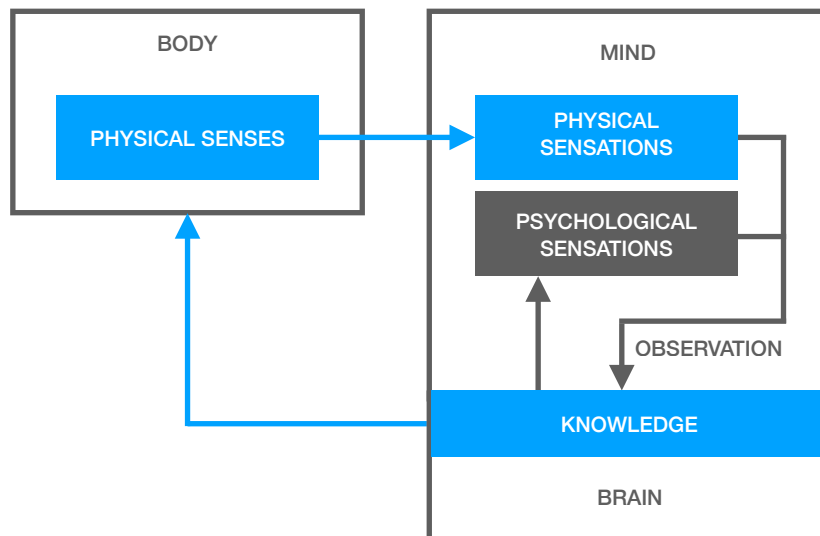
Those changes are picked up by the physical senses and appear in the mind as physical sensations.



*figure 3. the appearance of changes to the body*



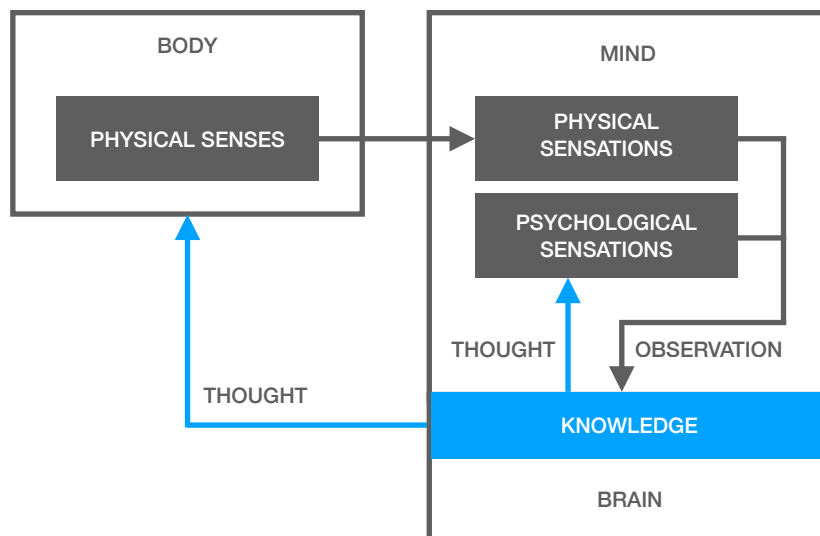
The whole process can be viewed diagrammatically as follows:



*figure 4. the response of knowledge through changes to the body*

## Thought

We refer to the response of knowledge as thought.



*figure 5. the response of thought*

The term thought represents a system of knowledge that expresses itself through thoughts, emotions, and changes to the state of the body.

## Conclusion

Knowledge responds to observation through the creation of thoughts, emotions, and changes to the state of the body.

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## CHAPTER 7

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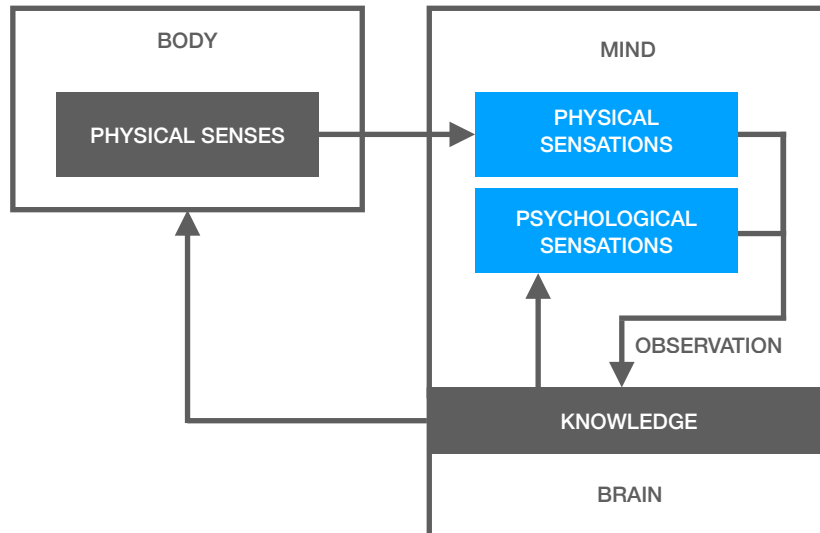
# THE RESPONSE IS OBSERVED

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## THE RESPONSE IS OBSERVED

Knowledge responds through the expression of thoughts and emotions (which we observe as psychological sensations) and through changes to the state of the body (which we observe as physical sensations).



*figure 1. the ways knowledge responds*

In the mind there exists two loops: an internal loop and an external loop.

### **Explanation**

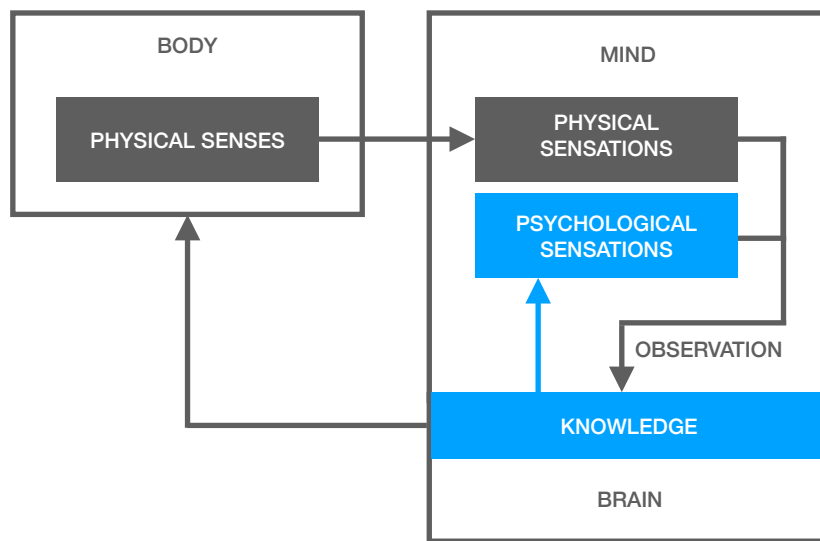
Knowledge expresses itself through the creation of thoughts and emotions. Those expressions are observed, and recorded into knowledge. This creates an internal loop through psychological sensation.

Knowledge expresses itself through changes to the state of the body. Those expressions are observed, and recorded into knowledge. This creates an external loop through physical sensation.

In this chapter we demonstrate the two loops using the mind model.

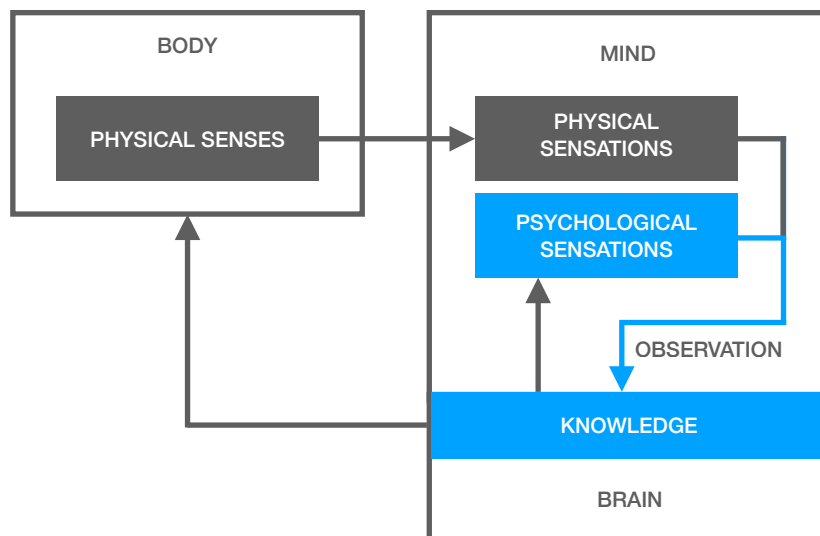
## The Internal Loop: The Observation of Thoughts and Emotion

Knowledge expresses thoughts and emotions into the mind. We refer to those thoughts and emotions as psychological sensations.



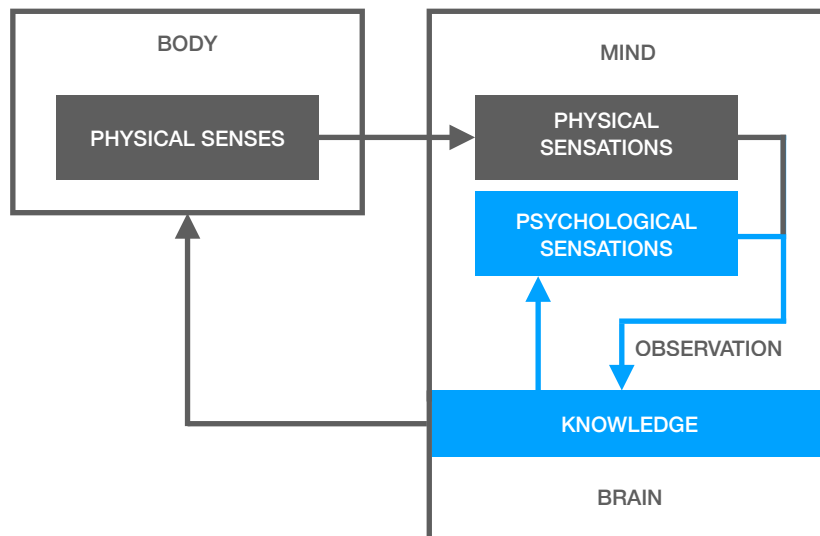
*figure 2. the expression of thoughts and emotion*

The thoughts and emotions expressed into the mind are observed and recorded into the brain as knowledge.



*figure 3. the observation of thoughts and emotion*

This creates a loop whereby thoughts and emotions are expressed into the mind and are, simultaneously, sensed back into the knowledge that generated them.



*figure 4. the internal loop*

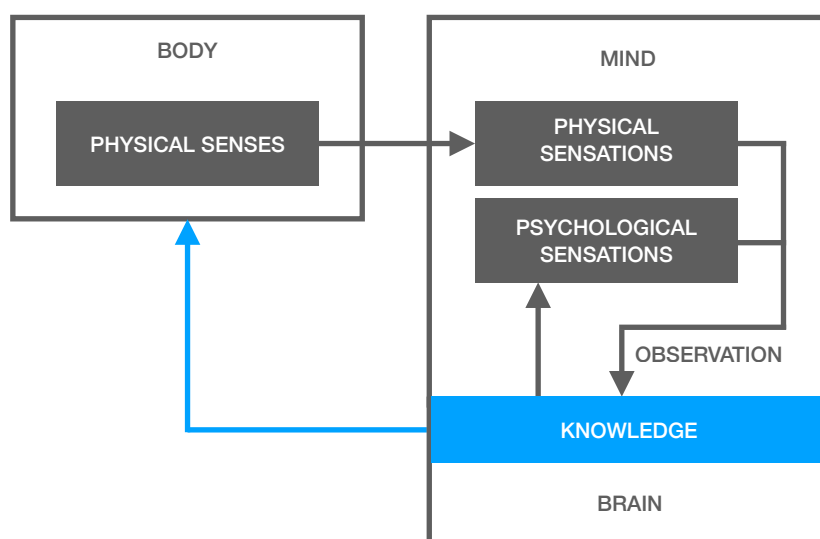
### **The External Loop: The Observation of Changes to the Body**

Knowledge changes the state of the body.

#### **Examples**

Knowledge responds to impatience by fidgeting.

Knowledge responds by jumping out the way, when you see a vehicle rushing towards you.



*figure 5. the expression of changes to the body*

Those changes are picked up by the physical senses and expressed as physical sensations in the mind.

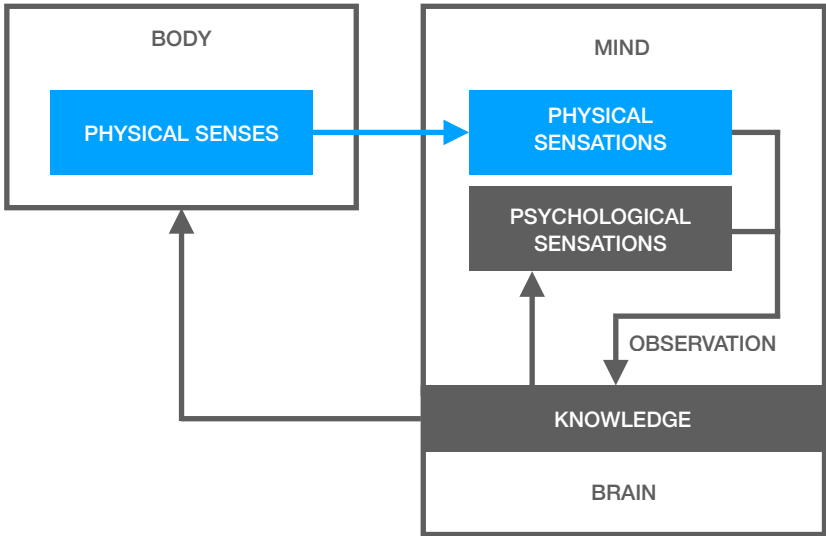


figure 6. the appearance of changes to the body

The physical sensations are observed and recorded into the brain as knowledge.

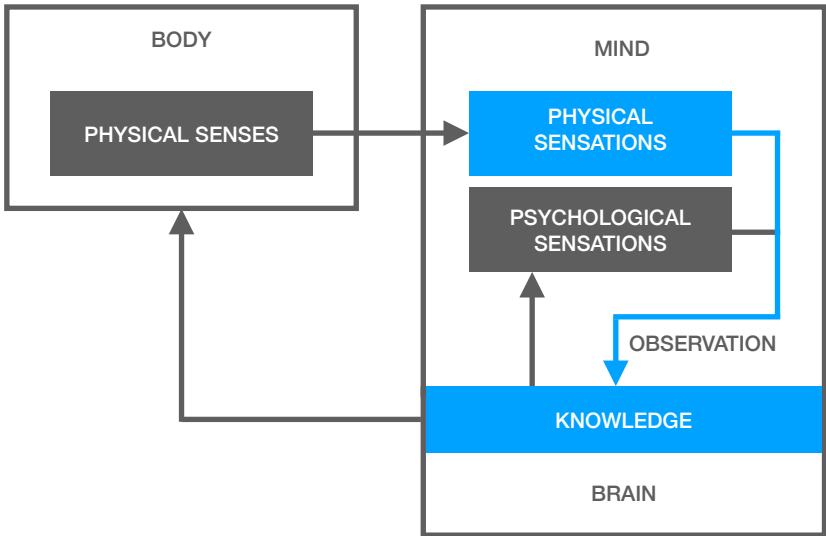


figure 7. the observation of changes to the body

This creates another loop but, this time, through the medium of the external world. Hence, we refer to it as the external loop.

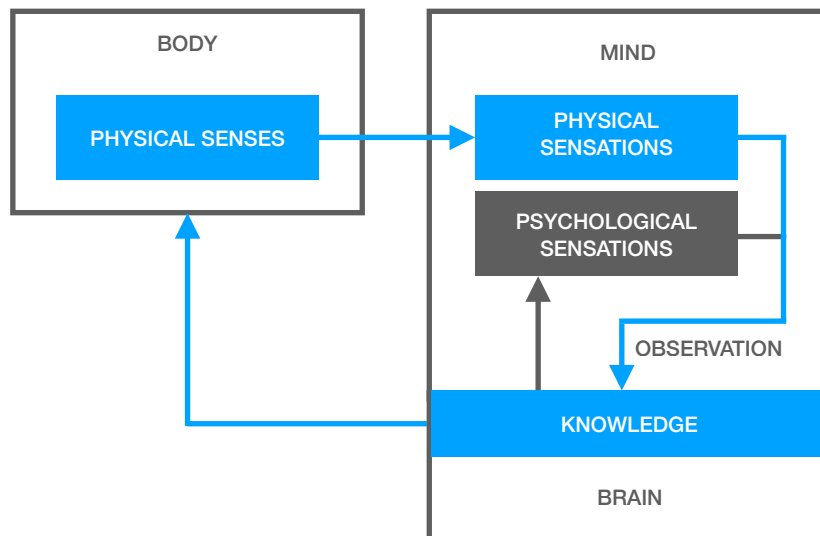


figure 8. the external loop

### The Interoperation of Loops

The internal loop created by the psychological sensations can be influenced by the external loop created by the physical sensations, and vice versa.

#### Example:

The emotion of frustration may cause you to walk away from a conversation abruptly.

Physical pain or sickness may inhibit your ability to think clearly.

The internal loop and external loop are not independent, they are codependent. The point at which the two loops intersect is knowledge.

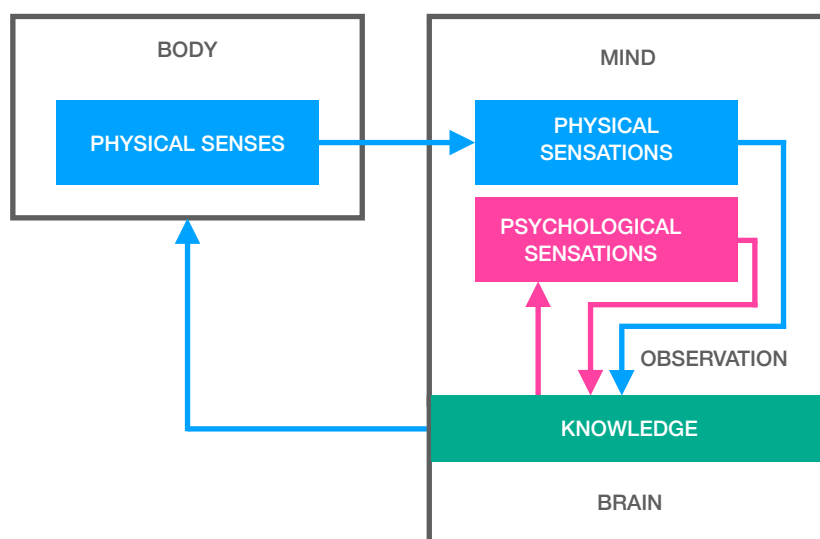


figure 9. knowledge is the central factor

Knowledge is the central factor between observation and expression, and the central factor between what we term as the 'inner world' and 'outer world' of a human being.

## **Conclusion**

Knowledge expresses itself through thoughts, emotions, and changes to the state of the body. The observation of thoughts and emotions creates an internal loop, and the observation of physical sensations creates an external loop. Knowledge receives those sensations and responds to them, this makes knowledge the intersecting factor of these loops, giving them an interoperable relationship.



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## CHAPTER 8

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# THE OBSERVER

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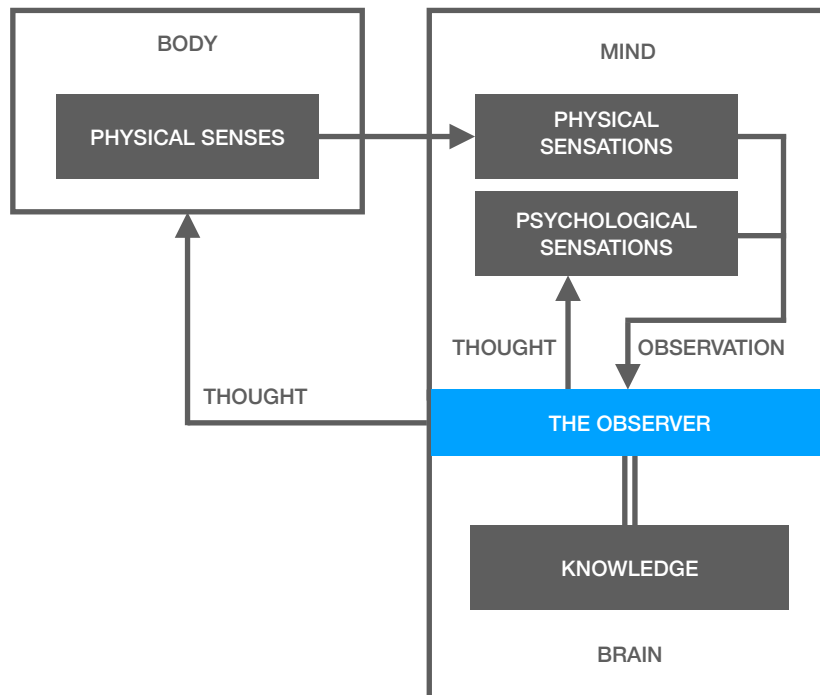
WRITTEN BY SILENT PERCEPTION

## THE OBSERVER

In the mind there are physical and psychological sensations. Those sensations are received into the mind through observation and responded to by knowledge. In addition to this process, there is the feeling of something looking. We refer to this feeling as the observer.

The observer is the one who receives and the one who responds. We experience the observer as the central figure related to the **information flowing in** and the **action flowing out**.

The observer is you, the one who is reading these words.



*figure 1. the observer in the mind*

You (the observer) receive sensation through observation: you experience seeing, hearing, tasting, and so on.

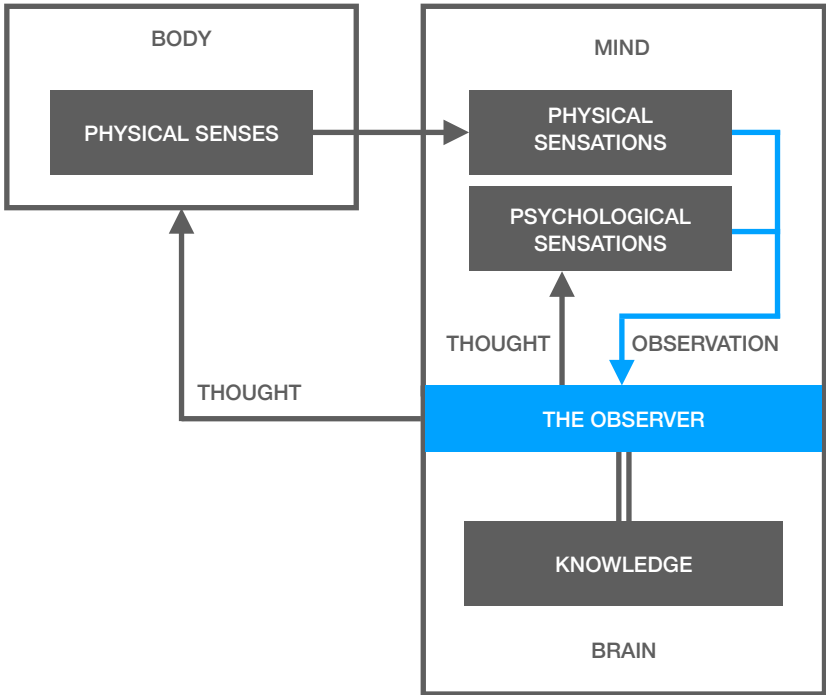


figure 2. the observer receives

You (the observer) act in response to what you see: you think something, you feel something or you move your body.

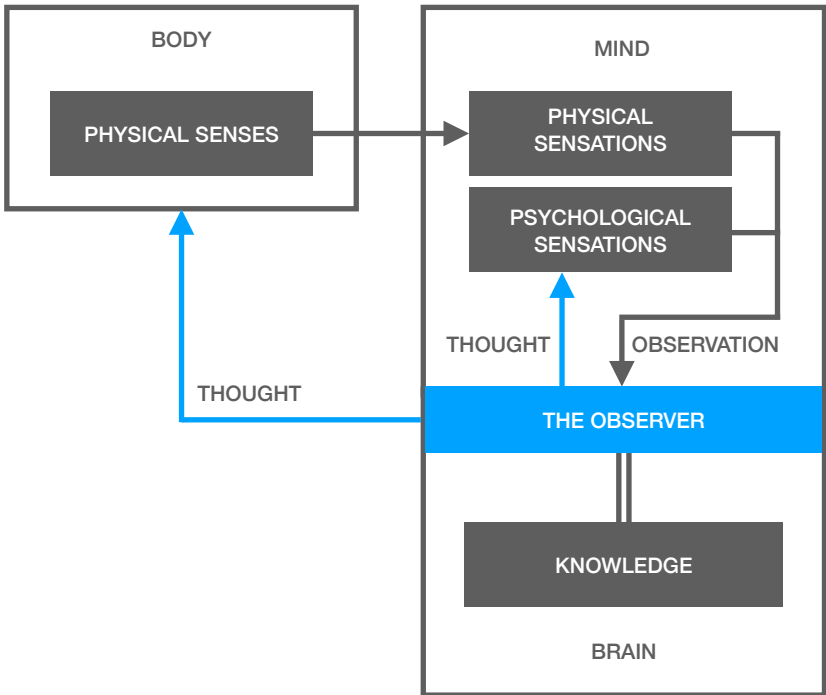
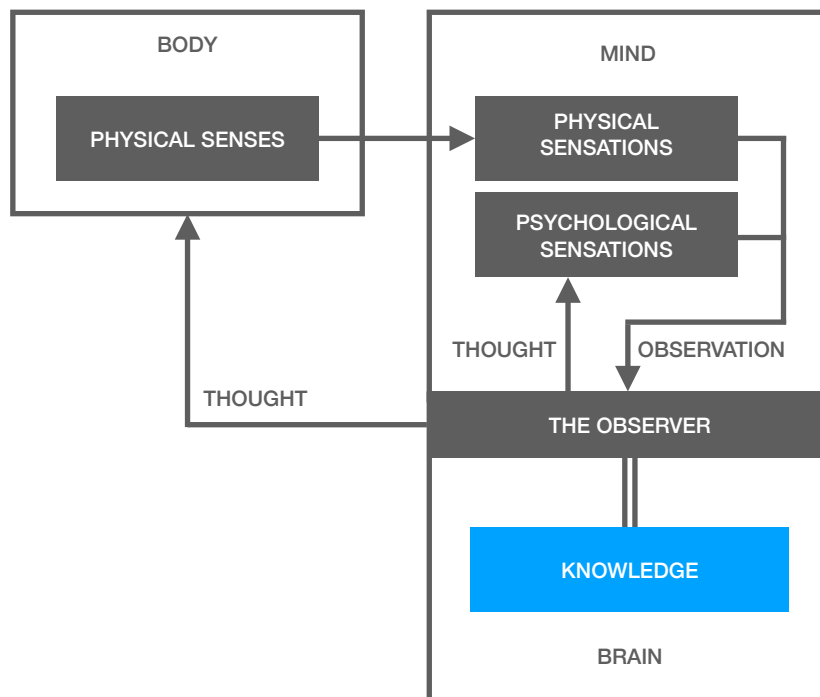


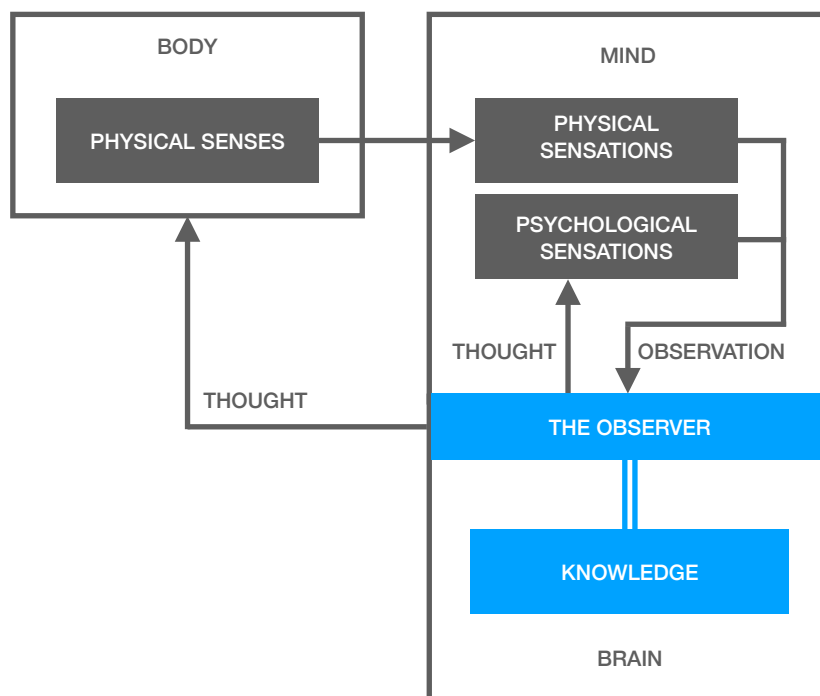
figure 3. the observer responds

What you see is responded to based on what you know.



*figure 4. knowledge determines how we respond*

All the knowledge stored in the brain is interconnected together to form a single structure. The configuration forms a whole: the whole of knowledge. The whole of knowledge appears in the mind as the observer. You are the observer. You are the whole of knowledge. You are an idiosyncrasy.



*figure 5. The observer is knowledge*

## **Conclusion**

The observer is the whole of knowledge, a way of interpreting what is seen, and a way of acting in response to that interpretation.

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## CHAPTER 9

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# PLEASURE AND PAIN

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WRITTEN BY SILENT PERCEPTION

## PLEASURE AND PAIN

The mind is connected to a physical body. The body houses a nervous system that transmits signals between the brain and the rest of the body. The nerves transmit signals of pleasure and pain.

Pain is interpreted as a signal to move away from something.

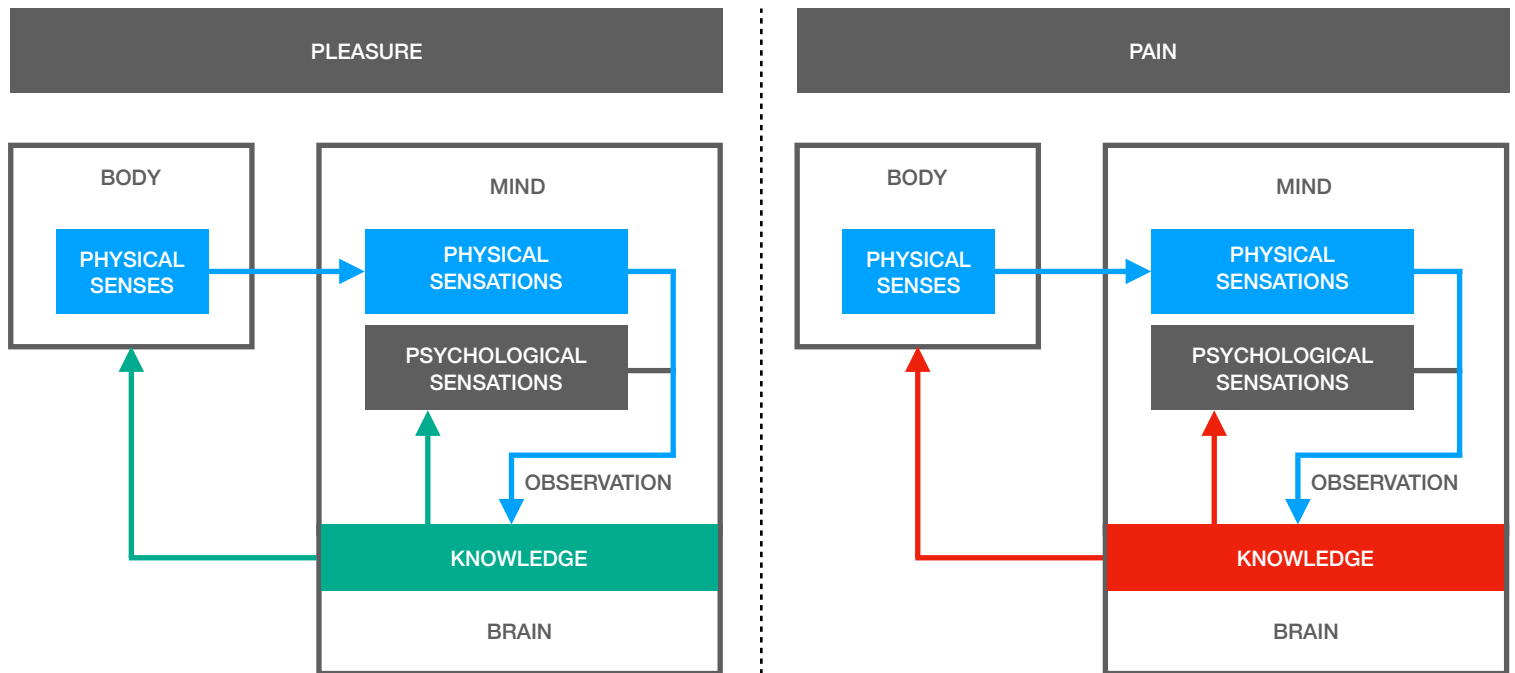
Pleasure is interpreted as a signal to stay with something.

### Examples:

When the body is injured, the nerves will transmit a signal of pain to the brain.

When the body is aroused, the nerves will transmit a signal of pleasure to the brain.

Pleasure and pain are immediate responses to what the body is undergoing.



*figure 1. pleasure and pain arising from the body*

In addition to the pleasure and pain that arises from the body, pleasure and pain can arise from thought.

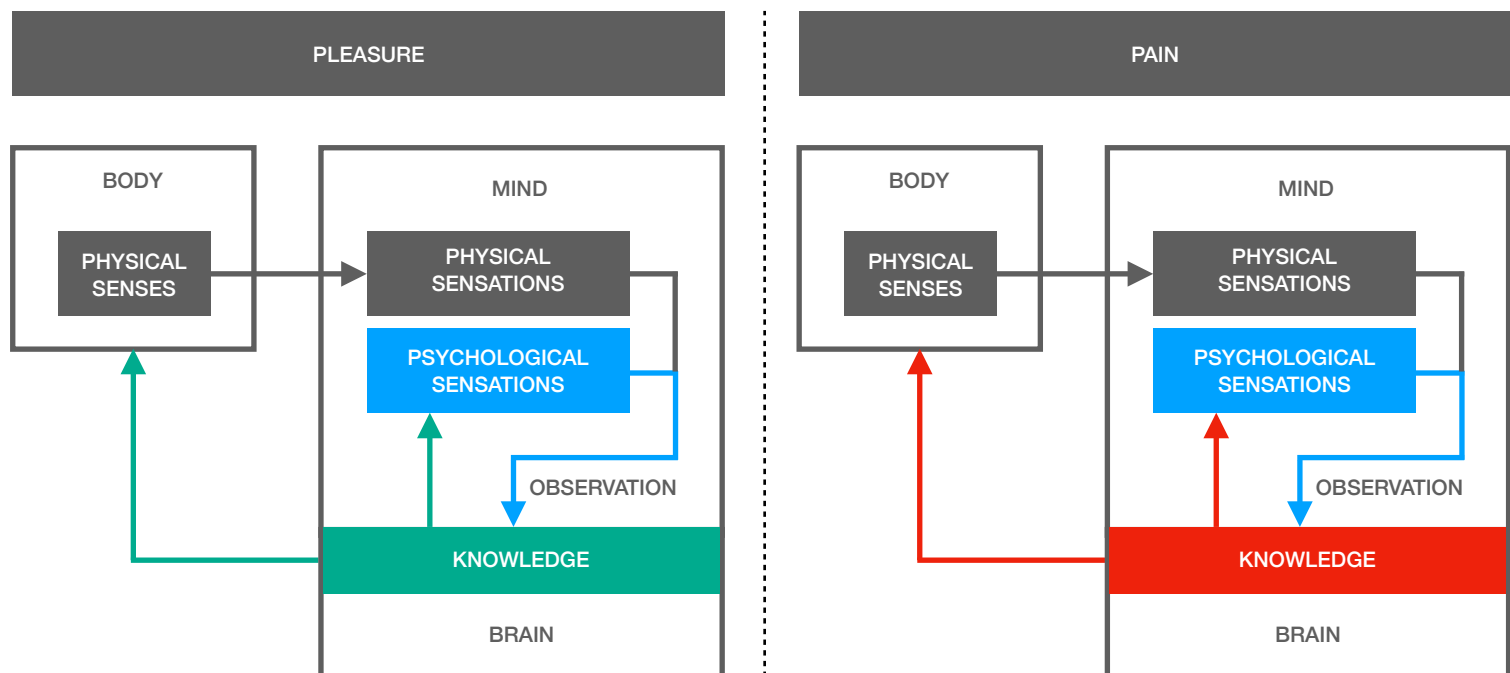


figure 2. pleasure and pain arising from thoughts and emotions

Through thinking we can:

1. Anticipate pleasure
2. Anticipate pain

### The Anticipation of Pleasure

Example: One is going on holiday next week.

As one sits in the office, they think about the holiday they have coming up. They think about what they will do when they are on holiday: where they will go, who they will see, and so on. The thoughts about the experience one expects to have create a feeling of satisfaction in the moment.

By anticipating pleasure in the future, we feel pleasure in the present.

### The Anticipation of Pain

Example: One has a fear of dogs.

The moment one comes in contact with a dog, they begin to anticipate pain and experience the imagination of danger: they imagine the dog biting them, they imagine the intention of the dog to be aggressive towards them, and so on.

By anticipating pain in the future, we suffer in the present.



## **Anticipation**

The knowledge we have determines what we anticipate.

We anticipate pain when we hear a lions roar because that danger is conditioned into us.

We anticipate pleasure when we see a beautiful woman because sex is conditioned into us.

When the knowledge we hold is appropriate and measured, the anticipation of pleasure and pain can be effectively used to navigate daily life. However, when the knowledge we hold is excessively skewed towards either pleasure or pain, it ceases to be effective and we call that neurotic.

The excessive anticipation of pleasure is found in drug addiction.

Here the mind has been excessively conditioned to associate pleasure to the drug.

The excessive anticipation of pain is found in phobia.

Here the mind has been excessively conditioned to associate pain to an event.

## **Conclusion**

Pleasure and pain are conditioned into the physical structure of the body. The anticipation of pleasure and pain are conditioned into the psychological structure of the brain, effecting how we think. The factor determining anticipation is knowledge.

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## CHAPTER 10

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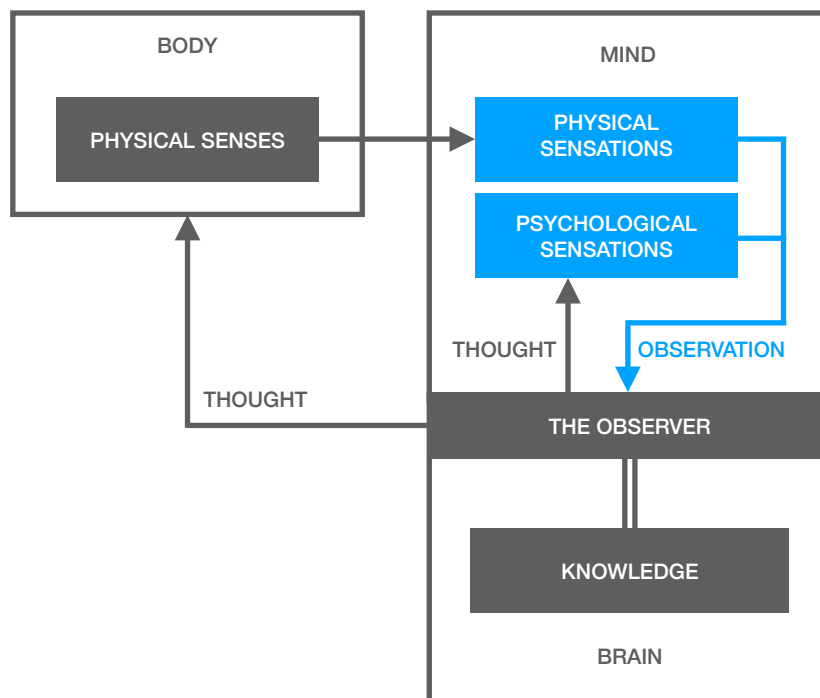
# ATTENTION

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WRITTEN BY SILENT PERCEPTION

## ATTENTION

Within the mind there is an activity we refer to as attention. Attention is related to observation.



*figure 1. observation*

Attention is what the mind is aware of in the present moment. The content you are aware of is sensation:

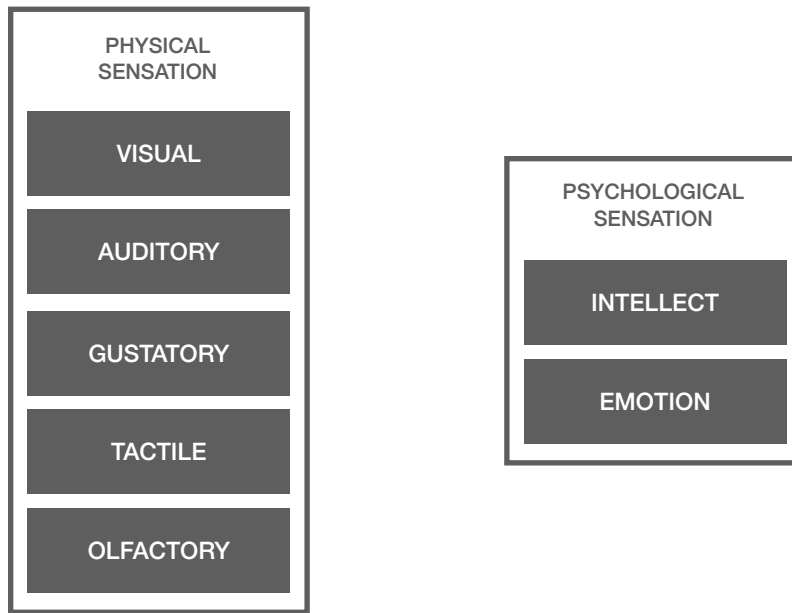
### **The Sensations**

#### **The Physical Sensations**

- Visual
- Auditory
- Gustatory
- Tactile
- Olfactory

#### **The Psychological Sensations**

- Intellect
- Emotion



*figure 2. physical and psychological sensations*

Sensation is always projected in the mind, but you are not always aware of it.

**Examples:**

The eyes are always capturing light and presenting it as visual sensation, but you are not always seeing what is there.

**Example:**

You may be looking for the milk in the fridge, it is right in front of you, but you are not seeing it.

The ears are always capturing sound and presenting it as auditory sensation, but you are not always hearing what is there.

**Example:**

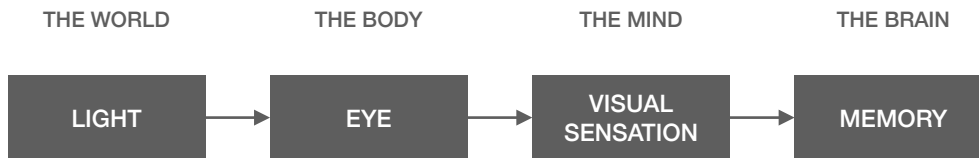
Someone may be calling your name loudly, the sound is there, but you are not hearing it.

**The Sensory Process**

To assist in our discussion of attention, it is useful to have a clear understanding of the sensory process.

**The Process of Seeing**

Light hits the eye. The eye takes the information and presents it as visual sensation in the mind. The visual sensation is seen and recorded into the brain as memory.



*figure 3. the process of seeing*

## The Process of Hearing

Sound hits the ear. The ear takes the information and presents it as auditory sensation in the mind. The auditory sensation is heard and recorded into the brain as memory.



*figure 4. the process of hearing*

## Attention

Attention determines what sensation one is aware of. When one is aware of a sensation, that sensation is recorded into memory. Awareness is the action of recording (a sensation into memory).

When one is aware of an object in visual sensation, that object is recorded into memory.

### Example:

When I see a person, the vision of that person is recorded into memory.

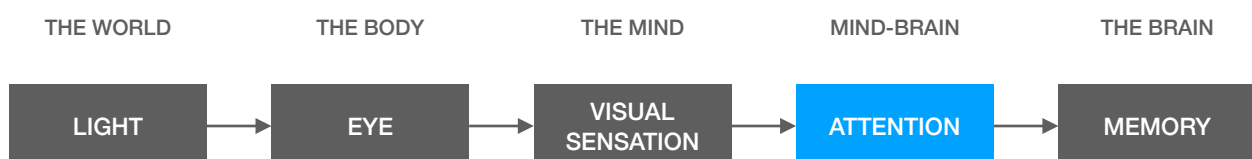
When one is aware of an object in auditory sensation, that object is recorded into memory.

### Example:

When I hear a bird, the sound of that bird is recorded into memory.

The recorded sensation is what we call knowledge. Once the sensation has been recorded, the information can then be processed by the brain.

Attention is the activity that establishes a connection between sensation and memory.



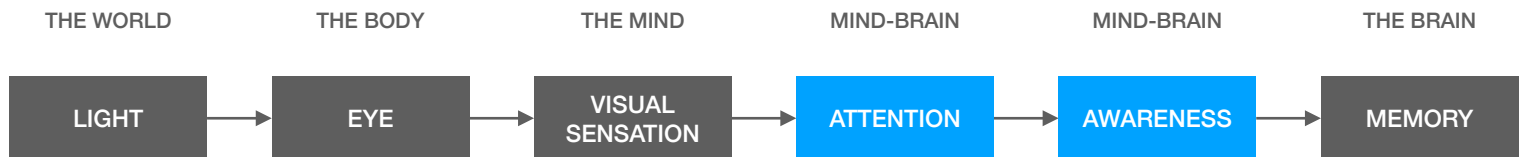
*figure 5. attention is the connection between sensation and memory*

Attention is an energy that manifests awareness.

**Sensation is what we are aware of.**

**What we are aware of is recorded into memory.**

So, **attention** is the **opening of a memory receptor** and **awareness** is the **reception of sensation into memory**.



*figure 6. attention manifests awareness*

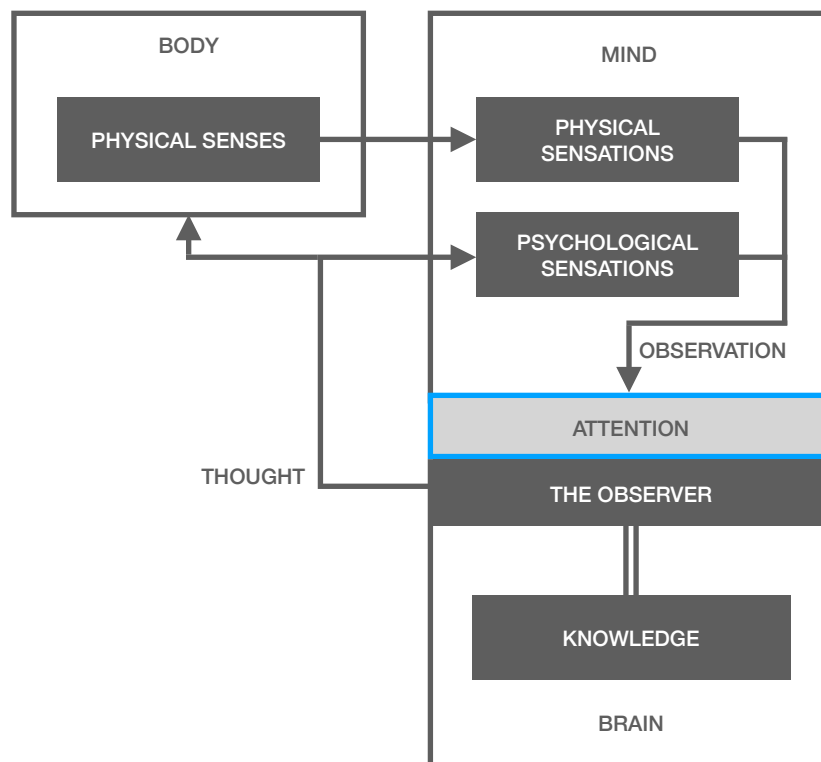
Attention is the faculty that determines whether sensation is received into memory. Attention makes awareness possible.

Awareness is the factor that captures a sound into memory, that is what we call hearing.

Awareness is the factor that captures a vision into memory, that is what we call seeing.

When attention is absent, sensation is present in the mind but there is no recording of that sensation into memory, so one is completely unaware that anything is happening because no sensory information is being processed. That is why someone can be calling your name while they are standing right next to you and you have no experience of that happening, until they tap you on the shoulder and say 'Hey! I've been calling you'.

We can place attention in the Mind Model as the active connection between sensation and memory (knowledge).



*figure 7. attention in the mind model*

Attention is the aperture for sensation.

Sensation is present in the mind, and attention is the aperture that determines what sensation one is aware of.

We can use an image to represent the effect of attention on visual sensation.

### **Example 1: Focusing on an object**

You are walking through the park and there is a lady on a bench playing an instrument.



*figure 8. visual sensation in the mind*

As you pass by her, you become interested in the instrument she is playing. You focus your attention on the instrument to determine what it is. You experience a direct relationship with the instrument through attention by excluding every sensation that is not the instrument from your awareness.



*figure 9. attention given to an object of visual sensation*

Through that restricted observation, you are able to quickly determine the instrument to be a ukulele.



### Example 2: Focusing on a sound

Attention can focus on a specific type of sensation by excluding the other sensations.

Suppose you are walking through the park with your friend. Your friend notices the woman playing the ukulele and says to you 'listen to her!'. In response to this request, you immediately give your attention to auditory sensation by excluding visual sensation from your awareness.



*figure 10. attention given to a sound in auditory sensation*

Through that restricted observation, you are able to quickly discern the sounds of the birds and the breeze, from the sound of the woman playing the ukulele.

### Example 3: Focusing on a thought

You can be so focused on a thought that you exclude visual sensation and auditory sensation from your awareness.

You may be walking along the road thinking about something intently and bump into someone because you were not aware they were there.

You may be sitting down thinking about something intently and have another person next to you calling out your name to get your attention, but you don't hear them.

Attention is the aperture of sensation, and that aperture can be adjusted by will.

When you focus attention, the aperture is restricted to the sensation you are focusing on.

When there is no focusing of attention, the aperture is open to all sensation and one is simultaneously aware of visual sensation, auditory sensation, the thoughts one is having, and so on.



## **Distinguishing Observation and Attention**

Observation is the act of receiving sensation into memory (knowledge).

Attention is aperture through which sensation is received.

## **Conclusion**

Attention exists as an innate function of the mind. Attention is not manifested by us, but can be directed by us. We have the ability to direct our attention to specific sensations through an act of will. The focusing of attention is brought about by a desire that arises in accordance with interest. Interest, in turn, arises out of the necessity of the brain to keep the body safe or pursue pleasure.

When desire is present, the mind focuses attention and experiences a restricted observation. That restricted observation facilitates a heightened awareness of a particular sensation (or form within that sensation). This state allows the brain to exclusively process that particular thing to discern information about it quickly.

Attention acts as the aperture for sensation and determines what sensation one is aware of and, in turn, what sensation is recorded into memory.

In the absence of desire, attention covers the whole field of the mind giving an awareness of all sensation simultaneously.